

GRAPEVINE VISITACION VALLEY

NUMBER 196

SERVING OUR COMMUNITY

NOVEMBER 2002

Visitacion Valley Celebrates Neighborhood Day



Food, fun, information and entertainment were all part of Visitacion Valley's sixth annual Neighborhood Day, held on Sept. 28 at Herz Playground, adjacent to Coffman Pool. More pictures of the event are on Page 8.

Understanding New Technology a Key to a Car Purchase

With the arrival of 2003 car models just around the corner, new car buyers often face a multitude of confusing decisions. In addition to brand, model, and color, consumers are increasingly looking at safety technology as a key factor when deciding on a vehicle, reports AAA of Northern California. Car manufacturers are responding with new and enhanced safety features.

"A car with additional safety features can not only save your life, it also offers added financial value. Some safety features may reduce the cost of insurance in some states or boost the

resale value," said Jennifer Mack, AAA of Northern California spokesperson. "Knowing about the latest in safety technology enables the buyer to compare vehicle features to ensure they get the highest value."

Ask Questions

When looking to buy a safer car, consider the following key questions:

- *How well does this vehicle protect people during a crash?
- *What features does this vehicle have that help you avoid a crash?
- *What other types of safety features does this vehicle have?

With an average cost of about \$20,000, buying a new vehicle is an important financial decision. Before buying, it is wise to research standard and optional safety features on different vehicles. Once the buyer knows which features are standard, they are better able to make cost comparisons for safety.

Find out about manufacturer clones, which are nearly identical vehicles marketed under different names. For example, you could come out ahead on safety buying the high-end model of a clone-with standard safety features-instead of the low-end model of the more heavily promoted vehicle with those features added as options.

Know Your Safety Features

Seat belts are the "flagship" of safety features. New designs and features improve seat belt performance:

- *Adjustable upper belts allow passengers and drivers to change shoulder strap position to accommodate a person's size and increase comfort.
- *Seat belt pre-tensioners retract the seat belt to remove excess slack almost instantly in a crash. Like airbags, pre-tensioners are "one-use" devices and need to be replaced after a crash.

*Energy management features allow seat belts to "give" during a severe crash to prevent forces on the shoulder belt from concentrating too much pressure on the chest.

*Integrated seat belt systems mount the seat belts on the seat so the seat belt moves when the seat is adjusted. This system provides a consistent and comfortable fit and more effectively holds the passenger in the seat during a crash.

*Rear-center seat lap/shoulder belts provide the safety of a shoulder belt to the rear-seat middle seating position. This feature is beneficial when older children or children in booster seats are seated in the rear position.

*Advanced air bag features are offered in some vehicles. Some systems automatically detect the presence of

small children seated near an air bag, or adults too close to an air bag, and turn off the airbag. Other systems modify the way the air bag works for different size occupants and for different levels of crash severity.

*On/off switches deactivate driver or passengers' airbags. Almost all vehicles with small or no rear seats such as pickups and sports cars now include a passenger side on/off switch as standard equipment.

*Side air bags are not required by law but the can provide additional chest and head protection to adults in many side crashes.

Child safety seats have long been recognized as life-saving necessities for children, but are difficult to install correctly. New technology helps solve installation problems:

*Child seat attachment systems have built-in anchors on the seat and an upper tether at the top of the backrest. These features simplify safety seat installation because safety seats can be securely fastened to the vehicle with the mechanical clasps instead of using seat belts. The anchor and tether system will be standard equipment in all 2003 models.

*Head restraints are extensions of the vehicle seats that limit head movement during a rear-impact crash, thus reducing the probability of neck injury. Most head restraints adjust manually but some adjust automatically with changes in the seat position or dynamically in a crash. Head rests have been redesigned to meet new federal standards for head injury protection and all 2003 model vehicles must meet these new standards.

Mechanical systems and features changes have been made to enhance the vehicle's safety:

*Anti-Lock Brake Systems (ABS) prevent a vehicle's wheels from locking during "panic" braking, which allows the driver to maintain greater steering control.

*Brake Assist is found in some ABS systems. Brake Assist senses emergency braking by detecting the speed or force at which the driver presses the brake pedal and boosts the power to the brakes as needed.

*Traction control systems improve vehicle stability by controlling the amount the wheels can slip when excess power is applied. Traction control automatically adjusts engine power output and, in some systems, applies braking force to selected wheels during acceleration.

Energy Star Being Promoted in HUD Housing

EPA Administrator Christie Whitman and HUD Secretary Mel Martinez with DOE Assistant Secretary David Gaman recently signed a formal partnership to promote Energy Star throughout HUD's affordable housing programs. These efforts to promote Energy Star will not only improve the energy efficiency of the affordable housing stock, but will help protect the environment.

"President Bush directed the federal government to find ways to promote energy efficiency and conservation," said HUD Secretary Mel Martinez.

"EPA's Energy Star program provides government agencies, businesses, and consumers, with the opportunity to buy energy efficient products that conserve energy, save money, and protect the environment," said EPA Administrator Christie Whitman. "We have seen the success that can be had when agencies come together with shared resources and knowledge to achieve our goals. I'm pleased to be here today with Secretary Martinez and Assistant Secretary Gaman to solidify the commitment of EPA, HUD and the Department of Energy to work together towards achieving the goals of the President's National Energy Policy."

The agreement commits the three agencies to working together to improve the energy efficiency of HUD's public, assisted and insured housing as well as housing financed through HUD's formula or competitive grant programs.

In accordance with the Bush Administration's National Energy Policy, the MOU identifies areas where EPA, DOE and HUD will coordinate resources and approaches to expand the use of Energy Star-labeled products in HUD-financed housing, expand the number of Energy Star-labeled new homes financed by HUD, and generally promote energy efficiency improvements in both new and existing HUD-financed housing.

Through this agreement, the three agencies will work together to promote the purchase of Energy Star labeled appliances by the nation's housing authorities, and in HUD's inventory of privately-owned assisted housing. The agreement will also promote the construction of new Energy Star-labeled homes through HUD programs. These efforts will include developing Energy Star informational and promotional materials which can be distributed to field staff, public housing authorities, formula and competitive grant recipients and assisted housing property managers to help educate home buyers and homeowners on the benefits of purchasing Energy Star products or of building energy-efficient new homes.

In addition, HUD, EPA and DOE will assist housing authorities to purchase Energy Star-labeled products and implement strategies for new housing financed through HUD's HOPE VI program to achieve an Energy Star

designation.

In any single year, HUD assists more than five million renters and home owners through its various programs. This is approximately five percent of all housing. HUD spends an estimated \$4 billion each year on energy on behalf of renters and home owners. EPA estimates that an individual apartment renter can save 15 to 20 percent with the installation of Energy Star appliances such as refrigerators, window air-conditioners and lighting and other Energy Star products. An Energy Star labeled new home can save 30 percent or more on heating and cooling bills. This can be a savings of \$200 to \$400 a year.

The agreement will support the goals of the President's National Energy Policy, announced in 2001, by focusing on the market of the housing units assisted by HUD, including existing and new HOPE VI public housing developments, housing the elderly and persons with disabilities, FHA-insured housing and HOME Investment Partnership Program developments. It will also help educate the 1.8 million holders of housing vouchers whose landlords also can take advantage of the efficiency of Energy Star labeled products.

Energy Star is a voluntary program managed by the U.S. Environmental Protection Agency along with the Department of Energy. The Energy Star label enables consumers to easily identify energy-efficient appliances, electronics, office equipment, lighting, heating and cooling equipment, buildings and new homes. Last year alone, Americans with the help of Energy Star, saved over \$5 billion dollars on their energy bills while eliminating the pollution equivalent to that of 10 million cars.

Free Earthquake Safety Preparedness Course

The American Red Cross Bay Area Chapter and the San Francisco Tool Lending Center have joined together to offer an innovative program called Earthquake Tips and Tools.

With the financial support of the Allstate Foundation, the program is open to the San Francisco public and provides education and tool kits for residents eager to prepare for earthquakes.

Classes will be held at the San Francisco Tool Lending Center, 2713 San Bruno Ave. on Saturday, Nov. 16 from 11 a.m. to 1 p.m.; and Thursday, Dec. 12 from 6:30 to 8:30 p.m.

During the two hour training, participants will receive a presentation on tips for disaster preparedness and earthquake safety. There will be demonstrations on how to install straps for water heaters, furniture, computers and TVs, and latches for cabinet doors. The class will also show how to secure breakables.

Those completing the course will receive a free starter kit of home hazard reduction devices. For more information, call (415) 467-8665.

New Parking Meters on Leland Avenue

Visitacion Valley got its first look at the City's new parking meters when workers began installing them along Leland Avenue on the second week of October.

San Francisco is replacing its entire stock of 23,000 meters - many which were broken, outdated and vulnerable to theft and vandalism - with new meters that take multiple coin denominations, as well as smart cards capable of accurately tracking time using electronic quartz timers. The meters are monitored by a sophisticated software system that audits itself.

Meter replacement began in August and is scheduled for completion in March 2003. A special coin counting facility opened in September in Hunters Point.

"The new parking meter system will increase annual revenue by an additional \$5.9 million - that's an impressive 47 percent," said Mayor Willie Brown. "More importantly, San Francisco is the first in the nation to implement a comprehensive, state-of-the-art parking meter system - a system which will benefit the City, local merchants and, most importantly, the public."

San Francisco was generating about \$12.5 million annually from its park-



New parking meters were installed along Leland Avenue in October.

ing meters before the upgrade began, with an estimated 1,700 meters either broken or missing. Repairs to the old mechanical system were complicated by obsolete and outdated parts that were unavailable or difficult to obtain.

The new meters were custom built for San Francisco and operate on electronic locks that are coded for access only during authorized dates by authorized personnel. Meter housings are also shaped to resist blows from heavy objects and contain a coating that allows for greater protection.

Grapevine Mailbox

Meetings to Rebuild General Hospital

The City of San Francisco is faced with the challenge of rebuilding its only safety net hospital. The Department of Public Health will convene the following meetings to allow community input as part of the planning process to rebuild San Francisco General Hospital Medical Center:

Health Commission Meetings: Dec. 3, 2002; Feb. 4 and Mar. 4, 2003 from 3 to 5 p.m. at 101 Grove St., Room 300, San Francisco.

Advisory Committee Meetings: Jan. 16, 2003 from 4 to 6 p.m., and Mar. 27, 2003 from 5 to 7 p.m. at 2789 25th St., Conf. Room 2001, San Francisco.

These meetings are open to the public. Rowena Esquieres, MPH, Administrative Analyst

Why Basic Skills in Math Matter Today

by Andrea Pastorok, Ph.D.

The equation has not changed, even though teaching methods have-learning basic math skills still adds up to school success.

Through the 1950s, the school math curriculum taught math basics-addition, subtraction, multiplication, division, fractions and decimals through drills and repetition. Accuracy and efficiency mattered.

Then came the new math, which focused on helping students understand the process of doing math. It soon fell out of favor.

A new wave of progressive math programs emerged that emphasized understanding processes and principles over performing calculations, but because the programs left out basic skills-such as multiplying two-digit numbers and dividing fractions-many parents and math scholars feared that schools were producing a generation of math-illiterate children. Without these basic skills, students may be ill-prepared for higher level math.

As a result, many parents have turned to supplemental education programs such as Kumon Math & Reading Centers to augment their children's understanding of math and prepare them for high school courses such as Algebra.

Recently The National Council of Teachers of Mathematics revised its standards bringing back old-fashioned arithmetic and the memorization of the multiplication tables. The organization also reintroduced two key terms used by Kumon: accuracy and efficiency.

Understanding math concepts and processes is important, but is of little value if a student lacks the basic skills to put math into practice. To succeed in Algebra, children need a strong foundation in the four operations of mathematics and strong mental calculation skills.

If a student does not succeed in Algebra, he or she may lack a strong foundation in basic math or have poor mental calculation skills. These skills must be achieved before high school. If a child is struggling with basic math concepts, high school math can only be more difficult.

U.S. schools routinely update education standards for students. Starting in 2004, California students will have to pass Algebra as a high school graduation requirement. There are currently 17 states that require such exit exams for students to receive their diploma, with many others moving in that direction.

Dr. Pastorok is an educational specialist with Kumon Math and Reading Centers. She has a doctorate in educational psychology, a master's degree in counseling psychology and more than 30 years experience in academic settings. NAPS

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What You Should Know About Indoor Air Pollution

Safe at home? Knowing the facts about indoor air pollution can help you and your family breathe easier year round, health experts agree.

Government studies have found that levels of some pollutants such as volatile organic compounds, or VOCs, are up to five times higher indoors than outside.

These organic chemicals-often released by heating and cooking appliances, fireplaces, pesticides, and household cleaners-are a main cause of indoor air pollution and can lead to health problems.

Making the problem worse are the same conditions that cause "sick building syndrome" in offices and schools: the fact that new homes are built airtight to reduce heating and cooling costs can increase the buildup of VOCs.

Concerns about crime, noise or dirty outside air also keep people from opening their windows. Experts on indoor air pollution at the Aprilaire Center for Indoor Air Comfort recommend taking these steps to reduce indoor air pollution:

1. Properly maintain your home's heating system.

2. Use a whole house, high efficiency air cleaner to trap dust, pollen and other particles.

3. Make sure your house is properly ventilated. In mild climates, exhaust fans and fresh air dampers can help dilute indoor air pollution. In hot or cold climates, an energy recovery ventilator can help save energy costs while maintaining proper air intake and exhaust.

4. Don't allow smoking indoors and properly vent all gas or wood burning appliances.

5. Store household cleaners, chemicals and paints in tight containers; keep them outdoors if possible.

A whole house, high efficiency air

Hang Up on Phone Fraud

You can protect yourself from becoming a victim of a telemarketing fraud by remembering these tips from the United States Postal Inspection Service:

*The offer sounds too good to be true. An unbelievable sounding deal probably is not true.

*Insistence on an immediate decision. A swindler often refuses to take no for an answer.

*You are just one of a few people eligible for the offer. Don't believe it. Swindlers usually give a reason like, "The offer will expire soon."

*Your credit card number is requested for verification. Do not provide your credit card number (or even just its expiration date) if you are not making a purchase, even if you are asked for it for "identification" or "verification" purposes.

Last year, the Postal Inspection Service responded to 66,000 mail fraud complaints and arrested 1,691 mail fraud offenders.

If you have been victimized or want more information, call the Federal Trade Commission toll-free at 1-877-987-3728 or visit www.usps.com/postalinspectors.

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cleaner can permanently trap airborne particles. Some capture not only dust and other allergens, but tiny particles like bacteria and viruses.

Energy recovery ventilators, or ERVs, use a home's existing heating or air conditioning system to distribute fresh air throughout the home. In winter, the ERV pre-warms the incoming fresh air. In warm weather months, it cools the incoming air and removes excess moisture so the air conditioner doesn't have to work so hard.

To learn more about how energy recovery ventilators and high efficiency air cleaners can help reduce harmful indoor pollutants, visit www.aprilaire.com.

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SLUG Organic Gardening Classes in November

*Worm Composting: Saturday, Nov. 2, 10 a.m.-12 noon. Learn to turn your kitchen scraps into valuable fertilizer for your house plants or garden at this workshop on worm composting in the City. Workshop participants will receive a voucher for \$10 off a worm or basic compost bin. Garden for the Environment, 7th Ave. at Lawton St. FREE!

*Planting your Winter Garden: Saturday, Nov. 2, 10 a.m.-12 noon. Join SLUG at the Garden for the Environment to amend the soil with compost and plant a winter vegetable crop. Learn composting and cover-cropping techniques and about the produce you can reap from your own winter garden in San Francisco. Workshop sponsored by the Crissy Field Center. Garden for the Environment, 7th Ave. at Lawton St. \$15; Pre-registration is required; please call (415) 561-7752.

*Roses Organically: Saturday, Nov. 16, 10 a.m.-1 p.m. Join rose expert and organic gardening enthusiast, Anya Malka-Halevi for her annual workshop on the methods of growing roses without toxic pesticides or fertilizers. She will demonstrate pruning techniques and introduce participants to varieties of roses that thrive in foggy San Francisco without disease and pest problems. Garden for the Environment, 7th Ave. at Lawton St. FREE! This workshop is part of a Resource Efficient Gardening and Landscaping Program. Pre-registration required. Call SLUG's Education Department at (415) 285-7584 for a full list of classes or to pre-register.

*Water Systems. Catchment, Storage, and Use: Saturday, Nov. 23, 10 a.m.-1 p.m. Learn ways to catch some of the winter rainfall for use during the dry summer season. This workshop will cover simple projects you can implement in urban areas in order to diversify your water sources and use reclaimed water in gardening and landscaping. Garden for the Environment, 7th Ave. at Lawton St. FREE! This workshop is part of a Resource Efficient Gardening and Landscaping Program. Pre-registration required. Call SLUG's Education Department at (415) 285-7584 for a full list of classes or to pre-register.

A Quiz on How to Reduce Eye Strain

Taking this simple quiz may give you a new view on ways to reduce eye strain.

1. Symptoms of eye strain include a) seeing halos or rainbows around lights, b) a drooping eyelid, c) a burning sensation when you close your eyes.

2. Eye strain can be caused by a) sewing, b) computer work, c) driving.

3. Eye strain can be alleviated by a) taking a break every hour or so, b) wearing glasses with an anti-reflective (AR) coating, c) using eye drops.

4. AR coating helps drivers by a) letting people see your eyes, not your glasses, b) eliminating distracting reflections and ghost images, c) increasing the amount of light reaching your eyes.

5. People who may benefit from AR-coated lenses include a) drivers, b) aircraft pilots, c) computer users, d) photographers, e) attorneys, f) all of the above.

Answers

1. c. Other symptoms of eye strain would include eyes watering, eyelids twitching or an aching forehead. Should you experience a drooping eyelid or a burning sensation when your eyes are closed, consult your eyecare professional immediately.

2. a, b, c. In fact, just about any activity requiring a high amount of visual involvement may cause eye strain.

3. a, b, c. Worn in daylight and indoors, most spectacle wearers find AR coating makes objects appear crisper and brighter. In critical driving situations, more light means clearer, crisper vision. This is particularly important at night when vision is already compromised. People who do a lot of computer work or reading find that AR-coated lenses help reduce eye strain and fatigue. The coating reduces glare and discomfort.

As a bonus, the lenses enhance appearance by eliminating distracting reflections. You see the wearer's

eye, not their lenses, improving eye contact for better communication.

4. b, c. Research has demonstrated that under simulated night driving conditions, AR lenses enable drivers to see things on the road ahead by increasing the amount of light reaching the retina and eliminating distracting reflections.

5. f. AR coated lenses are beneficial for any person wearing glasses as the coating improves visual performance and comfort.

For a free brochure on anti-reflective lenses, write: AR Council, 8818 Windsor Terrace, Minneapolis, MN 55443; call toll-free 877-254-4477; e-mail arouncil@aol.com; or visit the Web site at www.arcouncil.org.

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Understanding New Technology a Key To a Car Purchase

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*All-Wheel Drive distributes power to both the front and rear wheels to maximize traction.

*Electronic Stability Control assists drivers in maintaining control during extreme maneuvers. It senses when a vehicle is starting to spin or plow out and turns the vehicle to the appropriate heading by automatically applying the brake to a single wheel.

*Auto-dimming rearview mirrors automatically darken to reduce headlight glare, dimming gradually as glare increases. Some vehicles also have outside mirrors that dim automatically as the inside mirror dims.

*Day-time running lights increase the ability of oncoming vehicles to see your vehicle.

Try Before You Buy

"Before you buy the car, try on the seat belts and take a test drive to make sure you are comfortable," said Mack. "Make sure the car's head restraints and windshield design don't interfere with your ability to see clearly. It's also a good idea to test drive the car at dusk and in the evening to determine your comfort with the visibility provided by the headlights."

Visitacion Valley Dental Office
Albert Kuan, D.D.S.

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From the D.A.'s Office

Settlement in Consumer Protection Lawsuit

Attorney General Bill Lockyer, San Francisco District Attorney Terence Hallinan, San Francisco City Attorney Dennis Herrera and State Controller Kathleen Connell on Oct. 8 announced they had reached a \$50 million settlement in a consumer protection lawsuit brought against six major title companies and their affiliates. The companies were charged with deceptive advertising and unfair business practices regarding their escrow services.

Under the stipulated judgements, filed Oct. 8 in the Sacramento Superior Court, the companies will pay more than \$40 million in refunds and discounts to eligible customers who purchased, sold or refinanced residential property between May 19, 1995 and Oct. 8, 2002. Notices regarding the distribution of the refunds will be published in newspapers throughout California.

"Buying a home is a dream come true for many California families, but negotiating and completing the complex financial transactions can become a nightmare of details," said Lockyer. "These settlements will ensure that potential homeowners won't be taken advantage of by the professionals they rely on to fulfill their dreams."

Agreeing to the settlement were Fidelity National Title Insurance Company, Chicago Title Insurance Company, First American Title Insurance Company, Commonwealth Land Title Insurance Company, Lawyers Title Insurance Corporation, Stewart Title Company of California, Inc. and their various parent, subsidiary and affiliated companies.

It is estimated that distribution of the refunds will begin in six months. Additionally, former customers of some of these companies who use them in future transactions will be eligible to receive discounts from the escrow fees normally charged. The companies will also pay a total of \$4.45 million in civil penalties and \$2.35 million to the Consumer Protection Prosecution Trust Fund to assist in future prosecutions of other consumer protection matters. The companies also agreed to pay an additional amount for fees and costs associated with the settlement.

In agreeing to the terms of the settlement, the companies did not admit to any liability or wrongdoing.

"The biggest transaction most consumers make in their lives is purchasing or refinancing their homes," said Hallinan. "Consumers usually expect to pay a lot of fees in the process, but they don't expect to be misled into paying more than they should. These settlements put a halt to an industry-wide practice that has gone on far too long."

Agreed Herrera, "Ensuring redress for victims of corporate misconduct is one of my top priorities. It is gratifying to see that through the cooperative efforts of all of our offices, we will obtain compensation for the victims of wrongdoing and put a stop to the offending practices."

The Attorney General and San Francisco officials had charged the companies with deceiving California consumers with hidden fees and costs while providing routine residential escrow and title services. The companies also were charged with failing to pass on to their customers benefits that were provided by financial institutions based on agreements to deposit consumer escrow funds in their banks. The Controller had alleged that dormant escrow funds were not returned to her office as required by law.

All of the companies will publish a series of notices in major California newspapers describing the claims process eligible customers must follow to obtain restitution. The notices will include a sample claim form, an address to where the claim form should be mailed and a toll-free telephone number for customers with questions about the settlement and restitution. Each company will publish the notice at least three different times.

In addition to the monetary relief, the judgement includes a variety of injunctive provisions prohibiting the companies from continuing to engage in the practices that led to the bringing of the actions. For example, the judgement prohibits the companies from billing escrow and title customers for services provided by third parties without providing ad-

equated disclosures regarding mark-ups the companies charge for those services. Such services include overnight mail, courier and notary fees.

The companies also are prohibited from charging separate fees for preparing, issuing or recording a release of obligation or for the tracking records of deeds of reconveyance. Further, in order to protect consumers from paying unnecessary interest on outstanding loans, the companies must follow procedures to ensure they promptly disburse funds following the close of escrow. Finally, the companies are prohibited from obtaining financial benefits from banks unless the full value of the financial benefits is used exclusively to underwrite the cost of escrow services and fully allocated to the companies' escrow division.

Former SFUSD Facilities Director Arrested and Held on \$2 Million Bail

Timothy Tronson and his wife were arrested Oct. 9 in Redwood City at their home. Tronson is the former executive director of Facilities management and development for the San Francisco unified School District (SFUSD).

Tronson, 45, was charged with 27 felony charges, including the misappropriation of school district monies in connection with a \$30 million energy savings contract. The contract was with Strategic Resource Solutions, Inc., a North Carolina corporation. Multiple felony charges were also filed against Tronson's co-conspirators: Saeed Karimi, Tronson's brother-in-law, and Alpha Omega Bibbs, III, the president of Covenant Enterprises, Inc.

Arrest warrants were also issued for two former employees of Strategic Resource Solutions, Inc. (SRS): Thomas C. Mamane and Gregory B. Gabrilson. Mamane lives in Maryland; Gabrilson in Arizona.

"Investigating and prosecuting public corruption cases such as this is a major priority of our office," said District Attorney Hallinan shortly after the arrest. "This case is especially reprehensible because the money allegedly was taken by a person entrusted with maintaining an institution involved in the education of children."

The two-year investigation by the DA's Special Prosecutions unit examined improprieties arising out of an energy savings contract between SRS and the school district. According to the criminal complaint, Tronson, Mamane and Bibbs conspired to file a series of false documents that enabled \$500,000 to be paid to Covenant Enterprises. Covenant was under the control of Bibbs. He then distributed more than \$400,000 in cashier's checks payable to "Whysper" and Saeed Karimi.

The DA's investigation revealed no local public findings for a business by the name of "Whysper."

Bibbs hand-delivered at least 11 cashier's checks to Tronson, who along with Karimi, negotiated the checks for cash and money orders at a Santa Cruz check-cashing business. The check amounts ranged from \$15,000 to more than \$80,000.

When the alleged scheme began in late 1999, Tronson was executive director of the Facilities Management and Development, a position he held until September 2000. The complaint alleges conflict of interest violations resulting from his actions as a school district official. The scheme continued after he left the school district into the first part of 2001.

Among the charges in the 35-count complaint are felony violations for misappropriating public monies, grand theft conspiracy, filing fraudulent claims, money laundering, conflict of interest by a public official and tax evasion, as well as misdemeanor violations of campaign money-laundering. The tax evasion charges applied to Tronson, his wife, and Karimi. The case also involves multiple felony grand theft and false claim allegations against Mamane and Gabrilson arising out of the energy savings contract. When it obtained the energy savings contract, SRS committed to making a contribution for community outreach in San Francisco. SRS subcontracted with Bibbs' Covenant Enterprises, Inc. to accomplish this goal. Mamane and Gabrilson allegedly charged some of the costs of Covenant's work to the school district.

The misdemeanor campaign contribution violations stem from allegations that

Mamane and Bibbs hid the source of a \$25,000 campaign contribution to the San Francisco Democratic Party in October 1999. They allegedly created a false invoice for. Apparently the plan was to use \$25,000 of the \$35,000 to make the contribution. Bibbs first attempted to make the donation with a cashier's check that he delivered to the Chinese Chamber of Commerce. But when it was returned he wrote a check on Covenant's account. Although a donee report is on file, a major donor report was never filed in connection with the contribution.

If convicted of all charges, Tronson could spend up to 21 years in state prison and pay fines in excess of \$1 million. Mamane, 40; Bibbs, 54; Gabrilson, 55; and Karimi, 51, all face substantial prison sentences and fines. Soodabah Tronson, a 41-year-old attorney, faces up to 3 years, 8 months in state prison and \$40,000 in criminal fines.

A separate criminal complaint was filed against SRS, a North Carolina corporation, alleging two felony counts of grand theft. The complaint is based on corporate criminal liability.

The case was referred to the SFDA by the school district and the City Attorney's office.

What Parents Should Know about Chickenpox

According to a recent survey, parents of children aged 4 through 12 were more reluctant to vaccinate their children against chickenpox compared to several other childhood diseases. The survey of more than 1,000 parents found that although 97 percent knew a chickenpox vaccine is available, only 64 percent had taken action to protect their child. The same parents reported vaccination rates of 90 percent or greater for other childhood diseases. The findings suggest that parents' misperceptions about the potential seriousness of chickenpox may be to blame.

"What we've learned is that in many cases parents are making the decision not to vaccinate based on misperceptions or misinformation. Many of these unvaccinated children between the ages of 4 and 12 may contract the disease later in life," said Tammy Tempfer, MSN, National Association for Pediatric Nurse Practitioners (NAPNP). "Pediatric health experts, including the Centers for Disease Control and Prevention (CDC) and NAPNP, agree that vaccination is the best way to protect against serious complications that may result from chickenpox."

The survey findings showed that many parents don't realize chickenpox can be a serious disease. For example, chickenpox can lead to pneumonia, encephalitis, skin infections, scarring or even death. Many parents were unaware of these consequences. About a third of the non-vaccinating parents even think it's better for a child to catch the disease naturally than to get the vaccine. In fact, complications associated with the vaccine are extremely rare.

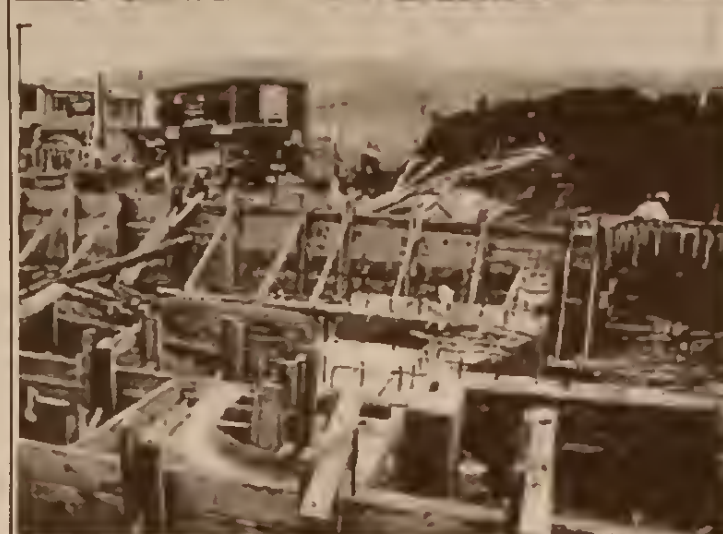
Another concern expressed by parents is that a child may still develop chickenpox after being vaccinated. Although this is possible, such cases are generally much milder. Some parents also thought that the vaccine would wear off over time. There is no clear evidence of waning immunity among people who have been vaccinated for chickenpox.

In addition, the survey findings revealed the importance of health care providers in parents' decision to vaccinate their children against chickenpox. Almost all parents (90 percent) chose to vaccinate their child if their health care provider recommended the vaccine. A majority of parents said their health care provider's recommendation was the primary reason they chose to vaccinate.

The CDC recommends that children be vaccinated against chickenpox after their first birthday. The chickenpox vaccine is not for everyone, however. For example, it is contraindicated in persons with a history of hypersensitivity to any component of the vaccine, including gelatin. Parents should talk to their health care provider about whether vaccination is right for their child. As with any vaccine, the chickenpox vaccine does not result in a protective effect in all vaccines. Adverse reactions that have been reported with the use of the chickenpox vaccine include fever, injection site complaints and rash (injection site and generalized).

The survey was conducted by Harris Interactive on behalf of NAPNP and Merck & Co. Inc. *NAPS*

A Clubhouse for Valley Playground



Construction began in late summer on a new clubhouse at the Visitacion Valley Playground on Leland Avenue at Cora Street. Slated for completion next spring, the Recreation and Park Commission project under the direction of the Department of Public Works was designed by the Bureau of Architecture, DPW with NuTek Construction, Inc. as general contractor.

Everyday Item Lighting the Way for 70 Years

From the humblest beginnings in a small northwestern Pennsylvania town 70 years ago, an everyday item has achieved status as an international icon of American ingenuity and culture.

Then in the summer of 1932, while George G. Blaisdell was standing on the terrace of the Bradford Country Club in Bradford, Pa., he watched another gentleman try to light a cigarette with a two-piece Austrian lighter. Blaisdell considered the two-piece design to be somewhat cumbersome, but he was impressed by the lighter's windproof property, so he acquired the rights to the lighter and modified it.

Blaisdell made the case rectangular and attached the lid to the bottom with a welded hinge to make the lighter easier to use with one hand. He began mass-production in 1933, under the brand name Zippo, which reflected Blaisdell's fascination with another recent development: the zipper. The windproof lighter was successful as

both a retail and specialty-advertising product, though it didn't become a phenomenon until World War II. Not only did the company give away lighters to all Bradford-area military personnel, but it ceased production for consumer markets—dedicating all its manufacturing for shipment to military base PX stores and ship stores.

Now With the exception of improvements to the flint wheel and modifications in case finishes, the Zippo lighter remains virtually unchanged from Blaisdell's original prototype. In addition, the company's lifetime guarantee—"It works, or we fix it free"—is just as applicable as it was in 1932.

More than 375 million lighters have been produced at the manufacturing center in Bradford, Pa., with thousands of different designs and logos gracing the lighter case. The company's latest development is a multi-purpose ("wand") lighter fueled by butane. *NAPS*

COLE HARDWARE IS GIVING

THE VISITACION VALLEY COMMUNITY CENTER 10% OF YOUR PURCHASES!

Earn money for the Visitacion Valley Community Center while shopping for all of your hardware needs at our stores. The more you spend, the more we give. Just tell the cashier to post the sale to the Visitacion Valley Community Center (*50).

It's that simple!



COLE HARDWARE
"San Francisco's Favorite Hardware Stores!"

Three locations open every single day of the year!
956 Cole St. (at Parnassus) 753-2653
70 Fourth St. (Market & Mission) 777-4400
3312 Mission St. (at 29th) 647-8700

Book Reviews

Think and Sell Like CEOs

America's progressive, forward thinking business executives who want to grow their business or increase sales at their company are getting some strategic advice from the best-selling author of *Selling to VITO: The Very Important Top Officer*. Moreover, the advice comes from a very unlikely source: the CEOs of America's biggest companies who play by the rules.

In his new book *Think and Sell Like a CEO* (Entrepreneur Press, \$24.95), Anthony Parinello tells readers how the pros achieve sales success.

Parinello has quite a following: over one million salespeople have been personally taught and coached by him. Some 700,000 readers embrace his bestseller. Sixty-five percent of the Fortune 100 companies have adopted the author's sales process. In his newest masterpiece, Parinello ties it all together with the tactics and how-to's of selling and succeeding in the new, challenging economic landscape.

Think and Sell Like a CEO is based on the author's successful experiences as an award-winning salesman with Fortune 500 companies for 15 years. He also interviewed 100 maverick CEOs. To think, act and succeed like the person at the top of a leading company is an art few are directly exposed to. Parinello filters to readers some of their strategies.

"If you have an entrepreneurial spirit, the courage and willingness to take risks, and an eagerness to grow and learn," advises Parinello, "then you will have no problem thinking and selling like a CEO."

This book tells readers:

- *How to communicate with people at high levels.

- *Ways to handle various personal styles and business traits.

- *10 operating principles of CEOs.

- *The art of negotiating like a CEO.

- *Principles for sales leadership, time management and presentation skills.

- *"Some of the most important skills a CEO, sales or business owner can have evolve around creating relationships between the seller and buyer," says Parinello. "Always know who your ideal prospects are. Avoid buck passing. Always retain the final say. Lastly, you need to make intelligent decisions quickly and independently."

Among the ten commandments of CEOs who sell well include: Surround yourself with allies who share ideas or solutions and keep learning.

Charming New Book Series for Children

A lot of youngsters are going to be delighted to meet Hunter and his best friend Stripe in Hunter's Best Friend at School (HarperCollins, \$15.99).

These young raccoons love to do everything together—dress in the same striped sweater, read the same stories, and even eat the same lunch ... a crawfish sandwich, huckleberries and milk. But when Stripe arrives one day at school in a mischief-making mood and starts stirring up trouble in Mr. Ringtail's class, should Hunter follow along?

Laura Malone Elliott and Lynn Munsinger introduce two delightful pals who will entertain young children as they also provide an important look at peer pressure and first friendships.

Seizing the Dream

Is there a winning formula for seizing the American dream?

It may be easy to think that the answer to achieving the success of an entrepreneur such as Bill Gates or Steven Jobs lies someplace between superhuman intelligence, great timing and luck. But the success of these and other entrepreneurs is not dependent on these three factors, says Jim H. Houtz, the author of *Seize the American Dream: 10 Entrepreneurial Success Strategies* (\$27.95).

"The secret to seizing the American dream as an entrepreneur lies mostly with entrepreneurs learning how to manage and grow the businesses they start," said Houtz, a venture capitalist and chairman of Southwest Jet Aviation.

In 1967, Houtz founded CyCare with \$1,500 and ten shares of IBM stock. CyCare grew to become a 500-person, \$270 million corporation, critically recognized as an industry leader.

In 1996, Houtz sold his company to Atlanta-based HBOC for over a quarter-billion dollars.

"Seize the American Dream dispels the popular myth that entrepreneurs are good only at starting companies and not running them," says Houtz, whose book provides the strategies, resources and inspiration needed to help the industrious create, finance, maintain and grow a successful and thriving business.

"This isn't a book for those on the fence about making the leap from 9-to-5 to creating their own business," says Houtz. "This is a guide for those who want to know how to stick around after pouring their life savings and sweat equity—and hopes—into a new venture."

For those who have already made up their mind to leverage their knowledge, contacts, skills and passions into a big pay-off, Houtz promotes 10 key disciplines and strategies that are essential to the success of both start-ups and emerging businesses.

"Seize the American Dream is the winning formula. All the ingredients are here for any size company," said Ruth Ann Marshall, president, MasterCard International.

NAPS

Report Finds Earthquake To Hetch Hetchy System A Threat to Bay Area

A newly released major study concludes that the deteriorating condition of San Francisco's Hetch Hetchy water system is a \$28.7 billion threat to the economy of the Bay Area.

The independent Bay Area Economic Forum studies the impact of a major earthquake on the Bay Area's water supply and economy.

"A failure of the Hetch Hetchy system caused by an earthquake or other catastrophic event could leave some customers without water for...as long as 60 days," the report concludes. And the small emergency reserve water supplies in most communities "would be depleted within 48-72 hours."

"Potential economic losses to the region from a water supply interruption total at least \$28.7 billion from a major earthquake along the San Andreas Fault and \$17.2 billion from a major earthquake along the Hayward Fault," calculates the report.

STAMPS NEWS

Stamps Celebrate 100 Years of Teddy Bears

The U.S. Postal Service is making life a little more "bearable" with the introduction of stamps that commemorate one of America's most popular and enduring toys: the teddy bear.

The idea of the teddy bear was born in 1902 when President Theodore Roosevelt refused to shoot a captive bear during a hunting trip. Washington Post cartoonist Clifford Berryman depicted the incident on the front page of the newspaper, and soon toymakers began to manufacture the "teddy" bears associated with the president's name.

People in all walks of life love teddy bears, and enthusiasts—known as arctophiles—pay top dollar for the collectibles. Today there are teddy bear magazines, clubs, collector shows and programs, both educational and medical, that feature these little stuffed companions. Teddy bears have had endless books, songs and poems written about them. Widely viewed as symbols of security and comfort, teddy bears are often used by police officers and hospital staff to calm the young and old alike in traumatic situations.

The Teddy Bears pane of 20 self-adhesive stamps depicts four lovable, cuddly teddy bears. Photos of the bears appear in the header, details of the photos appear on the stamps. All four bears were manufactured in the United States and are now owned by private collectors. The ideal bear dates to circa 1905, the Bruin bear from circa 1907 and the Gund bear from circa 1948. The unlabeled "stick" bear dates from the 1920s.

The stamps were designed by Margaret Bauer of Washington, D.C. Bauer is a book designer at the National Gallery of Art, where she has been designing exhibition catalogues and other museum publications since 1994.

Current U.S. stamps, as well as a free comprehensive catalog, are available toll free by calling 1-800-STAMP-24. In addition, a selection of stamps and other philatelic items are available in the Postal Store at www.usps.com.

Many Weight-Loss Ads Found to be Heavy on Consumer Deception

A new report from the Federal Trade Commission (FTC) finds that many weight-loss ads need some toning.

The review of 300 ads that ran during 2001 found that many made claims promising more than the product or service could likely deliver. The ads often boasted "miraculous" results—quick, easy and effective weight loss—while ignoring and often contradicting the basic tenets of successful weight loss and weight maintenance—calorie reduction and exercise. Many ads lacked scientific evidence to support their performance claims, instead using misleading consumer testimonials and expert endorsements and other deceptive techniques to bolster the credibility of their products.

And, the report found, the use of exaggerated weight-loss claims is on the rise.

"This report confirms that consumers really need to read these ads with a big dollop of skepticism," said Richard Cleland, an Assistant Director for the FTC's Division of Advertising Practices and the report's lead author. "False and misleading claims in weight-loss ads are widespread."

The report, he says, shows that the media, advertisers, and even consumers need to assess the role each plays in ensuring the accuracy of weight-loss ads. "Deceptive ads do nothing to address an individual's weight problem," he says. "If anything, they compound an already serious national health crisis by steering consumers away from weight-loss methods that have demonstrated benefits."

Quick Fixes and Other Claims

The FTC report involved a review of 300 ads from TV, radio, magazines, newspapers, direct mail solicitations, commercial email, and Internet websites, as well as a comparison of weight-loss ads from eight national magazines published in 1992 and 2001. FTC staff, with help from the Partnership for Healthy Weight Management—a coalition of representatives from science, academia, healthcare professions, government, commercial enterprises, and other organizations—collected and reviewed the ads.

Among the 300 ads that ran in 2001, the researchers found that 55 percent made at least one false or unsubstantiated claim. The claims generally promised:

- *Rapid weight loss. Claims like "You can lose 18 pounds in one week!" and "You only have to stay on it 2 DAYS TO SEE RESULTS" were the most common; they appeared in 56 percent of the ads. Claims of quick weight loss also were alluded to in product names, like "Redu-Quick" and "Slim Down Fast." In reality, substantial weight loss in a short period is highly unlikely and potentially harmful. Experts generally recommend a maximum weight loss of 1 to 2 pounds a week.

- *No need for dietary restrictions or exercise. Claims like "Lose up to 8 to 10 pounds per week... no dieting, no strenuous exercise" and "Eat as much as you want—the more you eat, the more you'll lose" appeared in 44 percent of the ads. Though tempting, these claims contradict scientific evidence that stresses exercise and moderate calorie intake for long-term weight loss.

- *Permanent weight loss. Claims like "Discover the secret to permanent weight loss" and "Get weight off and keep it off" appeared in 23 percent of the ads, apparently to target consumers who had lost weight but gained it back. Long-term weight loss is extremely hard to achieve, and little evidence exists to show that popular dietary supplements are more successful than lifestyle changes in achieving it. In the FTC's experience, few marketers have the scientific studies to support their long-term weight-loss claims.

- *Lose weight despite previous failures. Apparently recognizing the low rate of weight-loss success, nearly 33 percent of the ads tried to appeal to frustrated dieters with statements like "Are you tired of fad diets that never seem to work?" and "You want to lose weight, and you've been successful before. But after a while, you're right back where you started." The advertised product or service was then touted as the one that would finally work.

- *Scientifically proven or doctor-endorsed. Almost 40 percent of the ads claimed that their product or service was "clinically tested" or "scientifically proven." Many claimed their products were tested at "respected," "major" or "leading" medical centers or universities.

However, most of the ads did not provide details—such as where the referenced study was conducted and by whom or where it was published—to help consumers assess the claims' validity. In addition, almost one-fourth of the ads stated that the product was "recommended," "approved" or "discovered" by a health professional—endorsements that can be misleading because the ads may not disclose that the medical professional has a financial interest in the product, because the health professional may not have reviewed the scientific evidence or because, if the health professional did, he or she may not have used acceptable review standards. The "professionals" also can be fictional.

- *Money-back guarantees. About 50 percent of the ads promised money-back guarantees, apparently in an attempt to break down consumers' resistance to buying new products and services. Some ads made specific guarantees like "You will lose up to 35 pounds in three weeks. Yes. Guaranteed! You lose or it doesn't cost you a penny." While money-back guarantees—if honored—may benefit consumers, there is no reason for consumers to have any more confidence in them than in a claim that the product will actually work. And the FTC frequently has sued companies that "guaranteed" to give consumers their money back but didn't.

- *Safety. Some 43 percent of the ads made safety-related claims, such as "proven 100 percent safe," "safe, immediate weight loss" and "safest weight management system in the world." The term "natural" accompanied three-fourths of these claims, perhaps relying on a perception that "natural" products are safer than prescription or over-the-counter medicines.

- *Many ads also implied safety with claims like "not a prescription weight-loss drug" and "no dangerous pills or tablets to take." Despite the safety assurances, the FTC's Cleland says, there is little evidence on safety, particularly with long-term use of the products. "Many ads handicap consumers by not even revealing what the active ingredients are in the products being sold," he says.

Before-and-After Testimonials

Unsupported claims often appeared in consumer testimonials—that is, personal accounts of success with the product or service. One testimonial said, "7 weeks ago I weighed 268 pounds; now I'm down to just 148 pounds! ... I didn't change my eating habits"

Before-and-after photos appeared in 39 percent of the ads. In the before photo, the person usually appeared with poor posture, a neutral facial expression, unkempt hair, unfashionable clothes, and washed-out skin tones. The after photo, however, was better lit, almost of studio-quality. The person was smiling, wearing fashionable clothes or skimpily clad, carefully made up and stylishly coiffed, and standing with shoulders held back and tummy tucked in.

At least 10 percent of the testimonials claimed an amount of weight loss that is extremely unlikely—if not impossible. The rest probably provided results that occurred in only a small percentage of users, Cleland says.

"There's nothing wrong with using testimonials, as long as they are truthful and not misleading," he says. "But in our experience, testimonials generally provide little reliable information about what consumers can expect from using the

product."

Changes in Weight-Loss Ads

In comparing weight-loss ads from eight national magazines published in 1992 and 2001, the reviewers found that the use of testimonials and before-and-after photos had increased. The percentage of weight-loss ads using testimonials climbed from 12.5 percent in 1992 to 76 percent in 2001. Use of before-and-after photos increased from 12.5 percent to 48 percent.

Another difference noted was that dietary supplements comprised two-thirds of the weight-loss products advertised in 2001. In 1992, meal replacement products were the most commonly advertised product.

In addition, the number of times weight-loss ads appeared in the magazines more than doubled between 1992 and 2001, and the 2001 ads generally included more highly questionable claims.

Need for Critical Evaluation

The FTC's report notes that deception in weight-loss advertising has worsened despite an "unprecedented level of FTC enforcement." Since 1990, the FTC has brought more than 80 cases against advertisers for allegedly false and misleading weight-loss claims—more than half the total number filed since the FTC's first weight-loss case in 1927.

The report calls on government agencies, trade associations, self-regulatory groups, the media, and consumers to consider how they might help reduce the incidence of misleading weight-loss ads.

For consumers, the study provides important information on how to spot deceptive weight-loss products and services, says Walter Gross, an attorney in the FTC's Division of Enforcement and co-author of the study.

"Claims like 'rapid weight loss,' 'no diet or exercise required,' 'eat whatever you want,' and 'take it off and keep it off' are all 'hot' buttons advertisers use to get consumers to buy their products and services," he says. "Knowing how to recognize these will help consumers make more informed choices."

The full report is at www.ftc.gov/dietfit.

Eye Floaters And Flashers

by Dr. Howard Purcell

They loom in front of your eyes like the old science book images of bacteria. You blink, they move. But even with your eyes closed, they remain.

What are they? These aberrations, known as "floaters," are debris particles of various sizes, shapes and consistencies trapped in the vitreous humor—the clear, jelly-like fluid in the eye's center. They may occur before birth while the eyes are forming and remain for life, or they can also be caused by deterioration of the vitreous or the retina during aging.

In some situations they team up with another condition called "flashes," or bring points of light that flash in your eyes. During aging, the vitreous begins to shrink, causing it to pull away from the retina, which is one potential cause of these flashes.

Floaters and flashes may indicate something more serious, such as a retinal hole or tear. If you experience either or both of these conditions, or if anything about your eyes concerns you, see an Eye Care Professional as soon as possible and protect your precious sense of sight for your lifetime.

Howard B. Purcell, O.D., F.A.A.O., is Director, Professional Affairs for Vista Kon, Division of Johnson & Johnson Vision Care, Inc., makers of Acuvue® Brand Contact Lenses.

NAPS

Valley Statuary Company Expands



In business for nearly half a century, A. Silvestri Company located on Bayshore Boulevard at the county line recently improved and expanded into a large retail building directly across the street.



2177 Bayshore Blvd.

(415) 330-0736

Fax (415) 330-9813

10 a.m. to 9 p.m.

Closed Sunday

*Party Platters
Made to Order
"Our Most Succulent"*

*We Accept Major
Credit Cards and ATM*

*"Convection cooking separates the fire from the meat
creating the true flavor of our smoky meats which
can't be found anywhere else in San Francisco."*

Lunch Specials

11 a.m. to 1 p.m.

Monday through Friday

BBQ Pork Sandwich with fries \$3.50

BBQ Chicken Sandwich with fries \$2.99

Fish Nuggets with fries \$4.75

Fish Burger with fries \$3.99

Veggie Burger with fries \$4.25

Brisket Beef Sandwich with fries \$4.75

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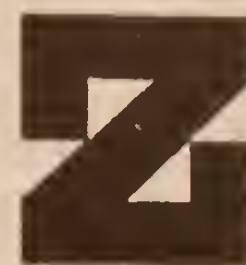
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C L O T E H O B U L L S D R A Z I W W T
U T G S R H H T A E H A T U K R O Y E E
B A T O S E N N I M W A S H I N G T O N

Atlanta Hawks	Detroit Pistons	Memphis Grizzlies	New York Knicks	Sacramento Kings
Boston Celtics	Golden State Warriors	Miami Heat	Orlando Magic	San Antonio Spurs
Chicago Bulls	Houston Rockets	Milwaukee Bucks	Philadelphia 76ers	Seattle SuperSonics
Cleveland Cavaliers	Indiana Pacers	Minnesota Timberwolves	Phoenix Suns	Toronto Raptors
Dallas Mavericks	Los Angeles Clippers	New Jersey Nets	Portland Trail Blazers	Utah Jazz
Denver Nuggets	Los Angeles Lakers	New Orleans Hornets	Washington Wizards	

Historic Proportions

Match clues to answers

1933

- Sworn in as U.S. President on Mar. 4.
- Chancellor of Germany on Jan. 30.
- Nation rejoiced to its end on Dec. 5.
- Nazi bonfire in front of Berlin University on May 10.
- Dirigible crashed near New Jersey on Apr. 4.
- German legislative building burned in late February.
- More than 3,000 die in earthquake and tidal wave on Mar. 3.
- NFL champions on Dec. 17.
- World's Fair opened here on May 27.
- Heavyweight boxing champion on June 29.
- First of many Presidential radio addresses on Mar. 12.
- He was known as the *Invisible Man* on Nov. 17.
- World Series winners on Oct. 7.
- Federal maximum security prison on Oct. 12.
- Signed into law on June 16.
- Earthquake hit hard on Mar. 10.

Five Years Ago
In the Grapevine

NOVEMBER 1997

*The Mayor's Office of Community Development reported that 21 of 39 Visitation Valley merchants responded to an neighborhood survey asking their opinion for improvements to the district's business area.

*Affirming real achievements of families in a Family Community Partnership program while honoring the efforts of all who fight poverty, neighbors from both Potrero Hill and Visitation Valley came together Oct. 17 at the Sunnydale Auditorium for *On the Road to Success*.

*Nearly 100 firefighters rushed to the scene of a three alarm blaze on Oct. 23 which destroyed the already charred remains of the Rose Olivet Baptist Church at 2428 Bayshore Boulevard and took the life of a man sleeping in its basement.

*Police rushed to the 400 block of Leland Avenue to close the street and investigate an accident involving a motorist who struck a parked mobile home while fleeing an officer in pursuit.

17. First U.S. aircraft carrier launched on Feb. 25.

18. Paraguay declared war on neighboring nation on May 10.

- NRA
- Chicago Bears
- Yokohama
- New York Giants
- Fireside Chat
- Prohibition
- Long Beach
- Bolivia
- Franklin D. Roosevelt
- Book burning
- The Ranger
- Alcatraz
- Reichstag
- Adolph Hitler
- Akron
- Claude Rains
- Primo Camera
- Chicago

Answers: 1-12: 2-N, 3-F, 4-J, 5-O, 6-M, 7-C, 8-B, 9-R, 10-Q, 11-E, 12-P, 13-D, 14-L, 15-A, 16-G, 17-K, 18-I.

Sez Who?

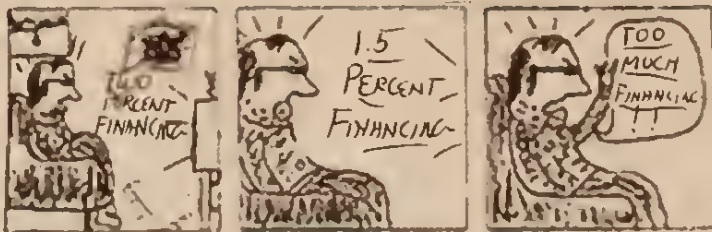
Match quotes to speakers.

- "I've never questioned the integrity of an umpire. Their eyesight, yes."
- "No one is so old that he does not think he could live another year."
- "Show me a guy who can't pitch inside and I'll show you a loser."
- "Life is like a play; it's not the length, but the excellence of the acting that matters."
- "The only way to prove you're a good sport is to lose."
- "Criticism doesn't bother me. Only losing does."
- "Few things are harder to put up with than the annoyance of a good example."
- "As a rule, what is out of sight disturbs men's minds more seriously than what they see."
- "The way to can't a knuckleball is to wait until it stops rolling and then pick it up."

- Sandy Koufax
- Seneca
- Emie Banks
- Julius Caesar
- Cicero
- Mark Twain
- Leo Durocher
- Bob Uecker
- Dick Williams

Answers: 1-G, 2-E, 3-A, 4-B, 5-C, 6-I, 7-F, 8-D, 9-H.

Sump, the Grump

Federal and Postal Job Scams
Ads That Don't Add Up

The ad in the "help wanted" section of a local newspaper looked like the opportunity of a lifetime: high-paying wildlife jobs with the federal government. A Delaware man called the toll-free telephone number listed to get more information about federal jobs being filled in his local area.

Instead, he got a high-pressure sales pitch that convinced him to shell out almost \$80 for job-related information. He thought he was buying a list of available jobs in his area, as well as practice tests to help him pass the Civil Service exam. He was persuaded to buy similar materials for jobs with the U.S. Postal Service.

What the man wasn't told was that: no Civil Service exam is required for most government wildlife jobs; the company was selling a list of job descriptions, not a list of actual local job openings; very few wildlife jobs—and none at the advertised salary—hire at the entry level; although a test is required for most entry-level postal jobs, the tests are given infrequently; and all the information the company sold is available free of charge.

When the caller realized that he'd been duped, he tried repeatedly to get his money back—without success.

His story is hardly an isolated incident. Federal and postal job scams are among the biggest rackets on the employment front, preying on consumers who are unemployed or underemployed and who can least afford to be "taken."

The Federal Trade Commission is taking steps toward protecting consumers against these scams. It's tracking down and putting the brakes on companies that make deceptive claims about the availability of federal and postal jobs, the procedures required to apply for those jobs, and the materials sold to help people identify and land those jobs.

Gregory Ashe, an attorney at the FTC, says that by placing ads in the "help wanted" section of local newspapers, the companies deceptively imply that the jobs are available and hiring locally. He says the deception can continue in the sales pitch consumers get when they call a company's toll-free telephone number for more information. In addition, he says, the companies often deceptively imply that applicants who purchase their materials improve their chances of being hired.

According to Ashe, these claims are misleading. "There's a lot of misrepresentation about what job seekers will get for their money," he says. The companies "prey on some people's lack of understanding" about the federal hiring process. "For example," he says, "there are plenty of folks who don't realize that there's no single Civil Service exam, that most federal jobs don't require a test, and that federal employment information, including a list of job openings, is available for free." It's not illegal for a company to sell information about federal jobs, says the FTC. What is illegal is misrepresenting what's being offered and the benefit to consumers.

Based on the number of complaints that have poured into the FTC's Consumer Response Center and the nation's Better Business Bureaus, many people believe that they've been deceived by a host of companies offering federal and postal job information.

A woman earning the minimum wage at an Indiana grocery store, for example, saw an employment ad as a springboard to a better-paying job with good benefits. Believing the company's claims that buying the materials was the only way to get hired by the U.S. Postal Service, she spent almost \$80 for a worthless packet.

In Georgia, a man responding to an ad for postal jobs agreed to buy a study booklet for the postal exam and a description of jobs available—only to learn how infrequently the postal exam is actually given. To add insult to injury, he never received the postal job information he had paid almost \$160 to receive.

Similarly, a Texas woman called a company's toll-free number to find out about advertised park ranger jobs in Colorado, and ended up buying the information packet for \$39. And although she declined the company's pitch for postal job materials, she received them anyway, along with an unauthorized charge for them on her credit card statement.

When these and other victims realized that they'd been "taken" and called the

companies for the refund guaranteed if they were not hired for one of the advertised jobs, their calls were transferred to a voice-mail "black hole."

"These companies are taking advantage of consumers' lack of understanding of the federal and postal hiring process," said Howard Beales, director of the FTC's Bureau of Consumer Protection.

"The companies had no intention of honoring their advertised promise to refund the money of any customer who didn't get a new job."

Beales said the FTC's actions are designed to bring a halt to these companies' fraudulent activities, and to deter other companies from using similar business practices.

Beales stresses that it's not necessary for consumers to pay for information about job vacancies with the U.S. government or the U.S. Postal Service. Federal agencies and the Postal Service never charge application fees, or guarantee that an applicant will be hired. And although the Postal Service requires applicants to take a test, it typically offers sample questions and study materials free to people who sign up for the exam.

"It's totally unnecessary for consumers to get conned into paying for something that's available for free," he said.

In addition, Beales says it's deceptive for anyone to guarantee that a person will get any particular score on the postal entrance exams, or that a high score will guarantee them a job.

The FTC, the U.S. Office of Personnel Management and the U.S. Postal Service caution consumers to be on the lookout for these "tip-offs to federal and postal job rip-offs":

*Classified ads or verbal sales pitches that imply an affiliation with the federal government, guarantee high test scores or jobs, or state that no experience is necessary.

*Ads that offer information about "hidden" or unadvertised federal jobs.

*Ads that refer to a toll-free phone number. Often in these cases, an operator encourages the caller to buy a "valuable" booklet containing job listings, practice test questions and tips for entrance exams.

*Toll-free numbers that direct consumers to other pay-per-call numbers for more information. Under federal law, any solicitations for pay-per-call numbers must contain full disclosures about the cost. Also, the solicitations must make it clear if there is an affiliation with the federal government. The caller must have the chance to hang up before incurring any charges.

Information on postal jobs is available at post offices. In many areas, the Postal Service offers a job information hotline with current hiring announcements. Information about other federal jobs is available from the Office of Personnel Management's USAJOBS telephone information system. For the telephone number in your area, check the Office of Personnel Management telephone listing, under "U.S. Government." Consumers also can find information about jobs with the Postal Service at www.usps.gov and jobs with the federal government at www.usajobs.opm.gov.

Saturdays are Special
At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). All ages are welcome; under 8 must be accompanied by an adult. Museum admission is free with \$3 per person workshop fee. Call 554-9600 for further information.

*Nov. 2: Mold and cast a *real fossil* from the museum's geological collection.

*Nov. 9: Customize your own *paper lantern*.

*Nov. 16: Roll a beeswax *candle* and make a *candle holder* to grace your Thanksgiving table.

*Nov. 23: Make a sparkling *snow globe*.

*Nov. 30: Decorate your own *fall mask* with leaves, moss and fall foliage.

Other regular Saturday activities include:

*Golden Gate Model Railroad Exhibit from 11 a.m. to 4 p.m.

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

As a Matter of Fact

*As a candy, marshmallows date back to the late 19th century. Originally made from the root of the marshmallow plant, they are now made of gelatin, water, sugar, egg whites or corn syrup and vanilla extract.

*When cats eat they always immediately bathe themselves. They do it to erase the food scent so predators will not smell food and come after them.

*A man used as a decoy or an employee who stands in line to make the box office look busy and walks in without paying is called a shill.

*George Washington was the only President never to live in the District of Columbia.

*Lemons contain more sugar than strawberries.

*The first commercial miniature camera, the Leica, was designed by German engineer Oskar Barnack, who also determined the standard 35-millimeter size for film.

*Most people hear better with their right ear.

*The largest producer of chili peppers in the world is China.

*A drink is a unit measuring the alcoholic content of beverages. In the U.S., a drink corresponds to about four ounces of wine or 1.25 ounces of whiskey.

*The darcy is a unit of permeability, which is the extent to which a solid slows the flow of a fluid. The unit is named for French scientist H. Darcy, who did pioneering work in the study of permeability.

*The decipol is an empirical unit of indoor air pollution introduced by the Danish environmental scientist P.O. Fanger in 1988, based on the *olf*, defined as the air pollution produced by one *standard person*.

*A wet onion is easier to peel than a dry one.

*It takes 50 gallons of maple sap to make one gallon of maple sugar.

*The first book of matches was made by the Diamond Match Company in 1896.

*The legend of Dracula was inspired by two real people. Two Romanian princes of Walachia—Vlad Dracul (Vlad the Devil) and Vlad Tepes (Vlad the Impaler)—were noted for their cruel depravities. Vlad Tepes was reportedly killed with wooden stakes and silver crucifixes.

*Commercial bakeries were established in the American colonies as early as 1640.

*The Empire State Building contains 10 million bricks.

*The debye is a unit of measurement used in chemistry and physics, named for the Dutch physicist P.J.W. Debye.

*Tsunami waves may reach speeds of 500 miles per hour.

*All U.S. Presidents have worn glasses—some, however, did not like to be seen wearing their spectacles in public.

*A *devil's dozen* is another name for a baker's dozen, or a collection of 13 items.

*Marian Anderson was the first African American woman to sing at the Metropolitan Opera House.

*Tuna was first canned in 1903.

*Louisa Adams, wife of John Adams, was the first and only first lady not born in America.

*Molasses remained the most popular sweetener in the U.S. until after World War I when sugar prices plummeted. It was used to make cakes, rum, and candy.

*The artichoke is a perennial in the thistle group of the sunflower family.

*A frappe is a milk shake

*The Dobson unit is used in geophysics to measure the ozone in the atmosphere. The unit is named for the physicist G.M.B. Dobson, who invented a spectrometer for measuring ozone concentrations.

*The dalton is an alternate name for the atomic mass unit, used to state the mass of atoms and molecules. The unit honors the English chemist John Dalton, who proposed the atomic theory of matter in 1803.

*Lake Baikal in Siberia, Russia is the deepest lake in the world. The deepest part measures 5,371 feet—slightly more than one mile.

*Prior to the creation of the A.D. designation, Roman calendar years were followed by A.U.C., from the Latin *ab urbe condita*, meaning "from the founding of the city."

Visitation Valley Police Log

*Aug. 30: 8:30 a.m., 000 block of Wabash Ter., burglary of residence, forcible entry.

*Sept. 2: 2:31 p.m., Crocker Amazon Playground, aggravated assault with knife.

*Sept. 3: 4 p.m.: 500 block of Velasco Ave., burglary, hot prowl, forcible entry.

*Sept. 3: 5 p.m., 1400 block of Somerset St., grand theft from locked auto.

*Sept. 4: 12:16 a.m., 100 block of Blythdale Ave., aggravated assault with gun.

*Sept. 10: 9 a.m., 1600 block of Sunnydale Ave., aggravated assault with deadly weapon.

*Sept. 11: 8:30 p.m., Hahn St. & Sunnydale Ave., robbery on street with gun.

*Sept. 15: 2:30 p.m., 500 block of Leland Ave., burglary, unlawful entry.

*Sept. 16: 2:40 a.m., 000 block of Santos St., aggravated assault with gun.

*Sept. 18: 12 noon, 2300 block of Bayshore Blvd., grand theft from building.

*Sept. 20: 5:26 p.m., 3200 block of San Bruno Ave., aggravated assault with bodily force.

*Sept. 20: 6 p.m., 1700 block of Sunnydale Ave., burglary of residence, forcible entry.

*Sept. 23: 9:45 a.m., 1500 block of Visitation Ave., aggravated assault with bodily force.

*Sept. 24: 3 p.m., 000 block of Garrison Ave., grand theft from person.

*Sept. 26: 10 a.m., Visitation Ave. & Sawyer St., robbery on street, strongarm.

*Sept. 26: 3:30 p.m., 400 block of Raymond Ave., attempted robbery with bodily force.

*Sept. 27: 7: 55 p.m., 3500 block of San Bruno Ave., attempted robbery on street.

*Sept. 29: 7:40 a.m., Geneva Ave & Santos St., robbery, bodily force.

*Sept. 29: 6:15 p.m., Visitation Ave. & Schwerin St., grand theft pursesnatch.

*Sept. 29: 11:35 p.m., Cora St. & Visitation Ave., robbery on street, strongarm.

*Oct. 2: 5:30 p.m., 000 block of Schwerin St., aggravated assault with bodily force.

Kitchen Innovation Proves Indispensable to 75 Percent of Americans

How long has the microwave oven been on the radar screen in America's kitchens? You'll be getting warm with your guess if you read this brief history of this indispensable appliance.

Then: It has been 35 years since the first household microwave oven—the Amana Radarange® Microwave Oven—was introduced to families across America. Hailed as a technological breakthrough and criticized as a gimmick that would ruin the fine art of cooking, the Amana Radarange debuted in Chicago in August 1967 as a product that would forever change how Americans eat and cook.

Now: Today more than 95 percent of American households include a microwave oven—an increase of five percent since 1997. And a recent Yankelovich Monitor study revealed that 75 percent of the people surveyed ranked the microwave oven as “almost impossible/pretty difficult” to do without. Only the automobile ranks higher.

“In just 35 years, the microwave has become a critical component of American society. We now have an entire generation that’s grown up with the microwave oven and they use it daily for everything from cooking a quick lunch to reheating leftovers to popping popcorn,” says Jill Means, an Amana brand home scientist.

Recent research conducted by the Amana team found that Americans use their microwaves an average of 13 times a week—or almost twice a day. Twenty-six percent of the time is spent reheating leftovers while 23 percent is used to cook individual meals or food items. The remainder of our microwave time is dedicated to defrosting (13 percent), heating snacks (12 percent), heating water or beverages (12 percent), cooking meals for the whole family (eight percent) and softening or melting ingredients (six percent).

“The microwave has revolutionized

the way people cook,” Means explained. “It has contributed greatly to our fast-paced, dual career lifestyles. Originally, Amana engineers envisioned the microwave replacing the conventional oven. Instead, the microwave has spawned an entirely new category of food items.”

Prompted by the popularity of the microwave, food companies have developed microwave versions of everything from brownies to macaroni and cheese—not to mention the ever-popular microwave popcorn.

Among the most popular items cooked in America’s microwaves, snacks such as popcorn and nachos account for 71 percent of the food items cooked in microwaves (not including reheated foods). Frozen convenience foods (frozen meals) come in second at 59 percent, closely followed by vegetables/side dishes (56 percent), soups (36

percent), non-frozen convenience foods such as boxed mixes (22 percent), casseroles (16 percent), meat/poultry/fish (14 percent) and baked goods/desserts (two percent).

A few other interesting findings:

*Sixty-two percent of Americans keep their microwave on the kitchen counter

*One-third of us clean our microwaves once a week

*Nearly one-third of all microwaves in use today are 1-3 years old

“The Radarange has impacted American cooking in a different way than was expected,” says Janel Dufek, brand manager for Amana. “No one in 1967 could have predicted the enormous popularity of convenience foods for the microwave. It was just too big a departure from the way Americans ate at the time.”

For quick and easy microwave recipes or more information visit www.amana.com.

NAPS

Some Important Tips on Dealing with Back Pain

Back pain doesn’t have to mean putting your favorite activities on the back burner. Try these tips from fitness expert Denise Austin:

Q: I often suffer from back pain. What could be causing this?

A: Hang in there, you’re not alone! One of the most common problems that adults suffer from is back pain. In fact, 80 percent of adults suffer from lower back pain at some point in their lives. Some of the minor causes of back pain include:

*Being overweight or in poor physical condition

*Poor posture, especially if you stand or sit for long periods of time

*Muscle strain, possibly from lifting something that is too heavy, or lifting objects incorrectly

More serious causes include “wear and tear” arthritis, fractured vertebrae and a “slipped” or herniated disc. It is

best to visit your physician to determine the exact cause of your pain.

Luckily, most back pain is not serious and your doctor will probably recommend an over-the-counter pain medication like Advil to ease your discomfort until your back is healthy again.

Q: My job involves a lot of lifting. Do you have any good tips that can help prevent an aching back?

A: Yes! The easiest way to avoid back pain is to make sure that you are practicing good posture and are lifting heavy objects properly.

Be sure your back is straight when walking. When seated, sit with both feet on the floor, your knees at least as high as your hips, and your back pressed firmly against the back of the chair. When you are lifting any object, always bend at the knees and not at the waist. Never twist while lifting and never lift anything above shoulder level. Practicing these prevention techniques will help stop the pain before it starts.

Q: As a busy mother of three children, I sometimes get painful backaches. What is the best treatment?

A: Moms and dads don’t always realize all the extra stress they put on their backs when they carry the children, lift the car seat into the car, or simply pick up toys. Remember, whatever you suspect the cause of your back pain to be, the first step should be to consult your doctor—but here are some common treatments that she may recommend.

Bed rest may be suggested for the first day or two of your pain. After that, apply a cold pack or a heat pack to the area depending on the injury. Massage the area—especially if you are experiencing a muscle spasm. And for temporary relief of back pain to help you get on with your day, take a non-prescription pain reliever such as Advil. Once the healing process has begun, your doctor may show you a series of exercises that will strengthen your back and help to prevent back pain in the future.

NAPS

Recipe Corner

Chocolate Chip Cookie Crisp

4-½ cups all-purpose flour; 1/4 cup sugar; 1 envelope Fleischmann’s RapidRise Yeast; 1 teaspoon salt; ½ cup water; ½ cup evaporated milk; 1 cup butter or margarine; 2 eggs, large; ½ teaspoon vanilla extract; 1/4 cup butter or margarine, melted.

Chocolate Chip Filling:

1-½ cups mini semi-sweet chocolate morsels; 1 cup sugar.

In a large bowl, combine 11/2 cups flour, sugar, undissolved yeast and salt. Heat water, milk and butter until very warm (120° to 130°F). Gradually add to flour mixture. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add eggs, vanilla and 1 cup flour; beat 2 minutes at high speed. Stir in remaining flour to make a stiff batter. Cover tightly with plastic wrap; refrigerate 2 hours.

Meanwhile, in medium bowl, combine ingredients for Chocolate Chip Filling and stir to blend.

Divide dough in half, returning half to refrigerator. On lightly floured surface, roll remaining dough to 12-inch square. Brush with melted butter; sprinkle with half of Chocolate Chip Filling. Roll as for jelly roll; pinch seam to seal. Cut into 12 equal pieces; place cut side down on greased baking sheets. Flatten to 1/4-inch thickness. Brush with melted butter. Repeat with remaining dough, melted butter and Chocolate Chip Filling.

Bake at 375°F for 15 minutes or until golden. Remove from sheet; cool on wire rack..

NAPS

Grapevine Want Ads

VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitation Valley area. Interested persons contact Dee Smith, VVCC After School coordinator (415) 585-2059.

A LITTLE GOES A LONG WAY. The John McLaren Child Development Center seeks in-kind donations for our newly-created lending library: children’s books and magazines; small children’s furniture, writing and/or art supplies, educational/cultural games or posters. Thank you in advance for your kindness and generosity! Please send all donations to: John McLaren Child Development Center, 2055 Sunnydale Ave., San Francisco, CA 94134. Call 469-4519 if you would like for us to pick-up any materials.

GRAPEVINE 15TH ANNIVERSARY ISSUE featuring a 10-page history of Visitation Valley is still available in limited amount. Contact the Grapevine at 467-9300. By mail, single copies are \$1 each. Send to: Visitation Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134. **GRAPEVINE DISPLAY ADVERTISING** now half off regular rates for a limited time. Full Page: \$75, 1/2 Page \$40; 1/4 Page \$22.50; 1/8 Page \$12.50, 1/12 Page \$7.50. Discount for three or more insertions. Call (415) 467-9300 for more details. **Want Ads:** 20 words for \$1. Extra line 50 cents. Ad and payment should be received by 15th of prior month at Visitation Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

San Francisco City Services

ABANDONED CARS.....781-JUNK
ANIMAL CONTROL.....554-6364
BUS SHELTER DAMAGE.....882-4949
CITY TREES (trimming).....695-2162
CRIME STOPPERS (anonymous) 1-800-2GIVEINFO
DOMESTIC/FAMILY VIOLENCE.....864-4722
DPW.....(days)695-2017, (nights/weekends)895-2020
EMERGENCY SERVICES.....9-1-1
EMERGENCY SERVICES (cell-phone).....553-8090
GARBAGE SERVICE COMPLAINTS.....255-3610
GRAFFITI CLEANUP (DPW).....241-WASH
GRAFFITI SUSPECT INFO.....553-1603
INGLESIDE STATION (Anonymous) 333-3433, 553-1603

LELAND AVENUE RESOURCE CENTER

585-2675
MAYOR'S OFFICE.....554-7111
MAYOR'S NEIGHBORHOOD SERVICES.....554-6110
NARCOTICS TIP LINE (anonymous) 1-800-CRACKIT
PARKING AND TRAFFIC PROBLEMS (DPT).....553-1200
POLICE (non-emergency).....553-0123
POTHOLE REPAIR.....695-2100
SAFE (neighborhood watch groups).....673-SAFE
STREET LIGHTING CITY (out of order).....554-0730
STREET LIGHTING PG&E (wood poles).....693-3201
SUNNYDALE RESOURCE CENTER.....586-7572
TRAFFIC SIGNALS (out of order).....550-2736
TRAFFIC ENGINEERING.....554-2300
VMS ANONYMOUS HOTLINE.....281-8406

San Francisco City Meetings

Aging 1st Wed 9:30a; Airport 1st/3rd Tu 3p; Arts 1st Mon 3p; Education 2nd/4th Tu 7p; Health 1st/3rd Tu 3p; Housing Auth. 2nd/4th Th 4p; Human Rights 1st/3rd Th 4:30p; Library 1st Tu 5:30p, Planning Th 1:30p; Police Wed 5:30p; Port 1st Tu/3rd Wed 4:30p; Public Utilities 2nd/4th Tu 2p; Rec & Park 3rd Th 2p; Social Services 4th Th 9a, Status Women 4th Th 4p; Supervisors Mon 2p

Visitation Valley Community Center

Mondays: Senior Shopping 11:30 a.m., Tuesdays: Senior Ceramics 9:30 a.m.-4 p.m., Senior Bingo 12:30 p.m., Thursdays: Sewing Class 9 a.m.-3 p.m. **VVCC Regular Board Meeting** is held on the 4th Thursday of each month at 5 p.m.

Visitation Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300.

AQUARIUMS

ASIAN DISCUS AQUARIUM, 130 Leland Ave., 333-0772

AUTOMOTIVE

BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE (mechanic) 2596 Bayshore Blvd., 239-5239
CHARLIE'S GARAGE, 2550 Bayshore Blvd., 239-7450
T.W. AUTOMOTIVE (mechanic), 2500 Bayshore Blvd., 585-8281
VALLEY AUTO & TRUCK SUPPLY (Bill Conte), 2520 Bayshore Blvd., 239-5880

BANK

BANK OF AMERICA, 6 Leland Ave., 622-4501

BAKERS

CUNEO BAKERY, 96 Leland Ave., 239-6090
LITTLE OUIPO BAKE SHOP, 169 Leland Ave., 239-2253

BARBERS

OeMASI'S BARBER SHOP, 35 Leland Ave.

THE SHOP (JB), 178 Leland Ave., 239-6709

BEAUTICIANS

ANGEL COIFFURES, 5 Leland Ave., 239-9891
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381

MIZ RENA'S SALON, 19 Blanken Ave., 467-3399

NAILS BY JENNY, 50 Leland Ave., 333-6800

WHO'S BADD, 224 Leland Ave., 657-3156

BLIND CLEANING

SPEEY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506

BOARDING HDUSE

ABLE'S CASA, 850 Rulland St., 333-4664, fax 333-4693

BOOKKEEPERS

AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927

VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333

CARPETS

HANSAN INTERIORS, 41 Leland Ave., 333-6382

CASKETS

CASKETORIUM, INC., 93 Leland Ave., 585-3451

CHURCHES

CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950

IGLESIA EL ESPIRITU SANTO, 38 Leland Ave

KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213

RIDGE VIEW UNITED METHOOIST CHURCH, 590 Leland Ave., 239-5457

ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381

VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055

VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503

CLDTHING

SPONA, 9 Leland Ave., 239-9631

COFFEE

HAPPY DONUT, 2600 Bayshore Blvd., 469-5309

PICCOLO PETE'S EUROPEAN COFFEE, 2155 Bayshore Blvd., 467-2442

DAY CARE

CAROUSEL OAY CARE, 261 Hahn St., 469-5353

DENTIST

VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500

DEVELOPERS

GENEVA VALLEY OEVELOPMENT CORP. 333 Schwenn St., 587-7895

ELECTRICAL

TATE ELECTRIC (Joel Tate), 467-4657

FLDRISTS

IL FIORE FLOWERS, 2466 San Bruno Ave 468-0145

GARDEN DRNAMENTS

SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd. 239-5990

GROCERS

E-Z STOP MARKET, 2203 Geneva Ave., 585-9240

FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300

K.C. MARKET, 400 Wilde St., 467-3024

LITTLE VILLAGE MARKET

1450 Sunnydale Ave., 586-1815

M & M SHORTSTOP, 2145 Geneva Ave., 585-0878

PICCOLO PETE, 2155 Bayshore Blvd., 468-6800

SARI-SARI FOOD STORE, 58 Leland Ave., 239-0580

7-11, 2200 Bayshore Blvd., 468-8546

SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851

SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506

SUPER FAIR MARKET, 201 Leland Ave., 239-6856

TEDDY'S MARKET, 298 Teddy Ave

VALLEY SUPER MARKET, 65 Leland Ave., 239-7520

HERBS

SAN ON HERBS, 33-A Leland Ave., 333-7469

HYPNOTHERAPY

VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631

INSURANCE

ROBERT LEHMAN, CLTC, CMFC, 333-0850

KITCHEN CABINETS

LEE CHANG INTERNATIONAL, INC., 25 Leland Ave. 333-2730, fax 333-1706

LAUNDRY/CLEANERS

BAY WASH, 44 Leland Ave

CITY WASH INTERNATIONAL, 83 Leland Ave., 333-9487

COIN WASH & ORY LAUNDRY, 186 Leland Ave

FORTY-NINER CLEANERS (David Chan), 51 Leland Ave., 239-6418

LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412

VALLEY LAUNDRY, 90 Leland Ave

VISITACION VALLEY LAUNORY, 108 Leland Ave. 239-9030

LEARNING

3-N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555

VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907

VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320

PLUMBING

MARK VOELKER PLUMBING, 99 Arieta Ave., 467-7401

POST OFFICE

VISITACION USPO, 68 Leland Ave. (800) 275-8777

REAL ESTATE

Cathy Kline Saunders, (Zephyr Real Estate), 215 West Portal Ave. 731-5011 ex 163

RESTAURANTS

CLIFF'S BAR-B-Q & SEAFOOD, 2177 Bayshore Blvd. 330-0736, Fax 330-9813

G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283

HONG YUN RESTAURANT, 73 Leland Ave., 469-5686

SUN FAI RESTAURANT, 30 Leland Ave., 587-2763

LUAN FAT BAKERY, 110 Leland Ave., 585-1167

RUSSIA HOUSE, 2011 Bayshore Blvd., 467-0252

SHIREL'S SOUL FOOO, 107 Leland Ave. 239-5141

TWO JACK'S RESTAURANT (seafood and burgers), 167 Leland Ave., 337-0433

SELF-DEVELOPMENT

OYNAMIC OEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608

SERVICE PROVIDERS

THE VILLAGE, 333 Schwenn St., 239-5045

VISITACION VALLEY BILINGUAL EDUCATION SUPPORTIVE SERVICES & TRAINING (VIBESST), 120 Leland Ave., 586-7347

VISITACION VALLEY COMMUNITY CENTER (VVCC), 50 Raymond Ave., 467-6400

VVCC CHILDREN'S PROGRAM, 161 Leland Ave., 586-8998, Fax 586-8027

VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VVJET), 333 Schwenn St., 239-2866

SIGNS

SMITH'S SIGNS, 153 Leland Ave., 333-2700

TAVERN

THE CLUB HOUSE, 25 Blanken Ave

VIDEO

SIN FUNG VIOEO, 144 Leland Ave

Asbestos Litigation Threatens California Small Businesses

by Karen Kerrigan, Chairwoman
Small Business Survival Committee

The big business of asbestos litigation is encroaching upon the livelihood of California's small businesses.

Small companies with as few as 20 employees or less are finding themselves mired in this unending legal morass. The process is so broken and unwieldy that those individuals who have contracted illnesses through asbestos exposure are not being helped. Instead, funds are being parceled out to anyone who has ever been exposed to asbestos in any way, regardless of whether or not they are sick.

The majority of the people filing claims against asbestos manufacturers are entirely healthy. They may or may not have been exposed to asbestos, yet they show no evidence of asbestos-related diseases. They are joining suits to hedge against possible future illnesses that may not be covered due to statutes of limitations. The result has been a glut of filings, more than 200,000 cases pending today, leading to a depletion of funds set aside to deal with truly sick individuals.

In short, sick people are not getting the level of help they need and healthy people are receiving benefits with no guarantee of future assistance if they get sick later.

The avalanche of asbestos litigation has forced more than 50 companies into bankruptcy, 14 of them in the last 24 months. They simply cannot withstand the crushing financial burden. That means new sources of revenue are being sought to maintain the spicket of funds to carry a growing load of financial claims.

With the pool of big corporate targets "drying up" smaller firms are now under siege. They have been targeted as peripheral participants in this unending legal saga.

Small business owners can't afford armies of lawyers. In general, their insurance coverage couldn't handle the loss of a major lawsuit. Many simply elect to pay a totally unmerited settlement rather than risk losing a large-scale lawsuit and going bankrupt. But still, there have been casualties and the list is growing.

Many of the asbestos lawsuits are "inventory claims" - filed on behalf of hundreds or even thousands of claimants. These claims often include only a handful of truly sick asbestos victims. It's hard to fault someone exposed to asbestos who, although currently healthy, does not want to be shut out by statutes of limitations. Yet how do we deal with the opportunists who may or may not have been exposed, but hop on for the ride in hopes of some extra cash?

Sadly, the current mess means that thousands of asbestos-disease victims and their survivors are being victimized again. They are collecting only a fraction of the settlements awarded because the system cannot handle the excessive load created by healthy claimants.

Not once, but twice the Supreme Court of the United States has condemned the asbestos litigation quagmire as a problem that is beyond repair by the judicial system. The Supreme Court has strongly urged that Congress pass legislation setting up a system outside the courts to apply medical criteria to each claim and screen out the claims of people who are clearly not suffering from asbestos diseases.

Hopefully Congress will act soon to create such a system. An orderly system such as this would restore order and fairness to the asbestos claims process. It would also restore justice for those who are truly ill and protect thousands of small businesses from becoming the next victims of the asbestos saga.

Karen Kerrigan is Chairman of the Small Business Survival Committee based in Washington, DC but representing many small businesses in California. She can be reached at 202-785-0238.

Visitation Valley Celebrates Neighborhood Day at Herz Playground



Many local groups and organizations took part in the annual Visitation Valley tradition, which also featured great food and live entertainment.

Protecting Children In the Darker Hours

As the days get shorter, it will get dark even earlier. More children will be traveling home from school and other activities in the dark, which puts them at greater risk of injuries from traffic crashes. Children are most likely to be hit by a car when they are close to home, at midblock locations, between 4 p.m. and 8 p.m. Most often, the child darts into the street.

What Parents Can Do

First, help children learn and practice an important safety rule: Be Seen to Be Safe. During the day and at dawn and dusk, children should wear bright or fluorescent clothing. Colors such as day-glo green, hot pink, or construction worker orange amplify light and help the wearer stand out in a crowd.

At night, however, these colors appear to be black. So if children will be out after dark, they should carry a flashlight and/or wear retroreflective gear that reflects light back to its source so motorists can see them. A motorist will quickly detect a child walking with a lit flashlight, or riding on a bike with an attached headlight and flashing taillight. And when combined with retroreflective gear or strips of retroreflective tape on their jacket, shoes, cap, helmet, or backpack, a child's odds of being seen are even more improved. The sooner motorists are alerted to something like a child moving up ahead - the sooner they can react.

Next, remind children to "stop, look left-right-left, and listen" before crossing the street, even when there is a traffic signal. Also, remind kids to avoid jaywalking and "jaybiking," and crossing streets from between parked vehicles. Crosswalks are safer and more visible, especially after dark.

What Motorists Can Do

Motorists must be alert and pay special attention to safe driving rules in low-light conditions. Watch carefully for children who may be walking or riding their bikes. Always drive at a safe speed, especially on unlit or winding roads, or when using low beams.

To help increase your ability to see at night, be sure to take off your sunglasses at dusk. Wipe off your headlights regularly, and keep your windshield clean, both inside and out. Adjust the rearview mirror to the "night" setting to avoid headlight glare. If you need to use your high beams on an unlit road, be sure to turn them off when another car approaches.

You can learn more safety tips online at www.nhtsa.dot.gov/people/injury. NAPS

Parents are Warned the Risk of Bullying is Year-Round

As millions of children head out to school each day, the National Youth Violence Prevention Resource Center (NYVPRC) wants parents to know that bullying shouldn't be a childhood rite of passage or a part of growing up for their son or daughter.

"It's important for parents to be on the lookout for signs that their child is involved in bullying," said Susan Blumenthal, M.D., U.S. Assistant Surgeon General and Chair of the NYVPRC Federal Advisory Committee. "This is critical throughout the year, both at school, where most bullying occurs, and during school vacations, when many children spend the day without significant adult supervision."

Research demonstrates the surprising frequency of bullying among children. A study conducted by the National Institutes of Health found that more than 30 percent of sixth- through tenth-graders said they bullied, or were bullied, by their peers.

Though most bullying occurs during the school year, so-called "neighborhood" bullies loom large in the lives of many young adolescents left home alone after school and during school vacation breaks.

"Bullying has been linked to a number of conditions including depression. Children may experience mood changes, withdraw from activities they once enjoyed, or exhibit anxiety about going to school, or spending time with peers. Physical symptoms may include recurrent sleep problems and headaches," said Dr. Blumenthal who is a psychiatrist.

While only a few studies have evaluated the longer-term consequences of bullying, a study cited in a recent article on bullying published in the Journal of the American Medical Association (April 25, 2001) noted that "individuals with a history of bullying had a four-fold increase in criminal behavior by the time they reached their mid 20s."

There are many resources available for parents wanting to know how to help their child cope with bullying. Last year, the Centers for Disease Control and Prevention (CDC) partnered with other Federal agencies to establish the National Youth Violence Prevention Resource Center, a central source for information on youth violence related topics (including bullying) for parents, teachers and other concerned adults. The NYVPRC Web site, www.safeyouth.org, contains a wealth of

information on successful prevention and intervention programs that address the underlying causes of youth violence and suicide. Visitors can also view and download research on youth violence prevention, find answers to frequently asked questions, obtain statistics and link to an extensive collection of Internet sites.

Some tips to help your child cope with bullying:

*If your child is being bullied at school, discuss the problem with a teacher or administrator. They may not be aware of the situation.

*Work with school officials to make schools safer - www.safe.youth.org contains a wealth of information on innovative school safety programs including bullying prevention initiatives.

*Encourage your child's school to

establish peer support groups. Children dislike bullying at their school and want to help stop it. Peers need to be taught how to intervene.

*During school vacations, know where your child spends the day and with whom he or she spends it. If your child experiences problems, make alternative arrangements.

*Talk to your children. Let your child know it's not his or her fault, and that he or she did the right thing by telling you. Support at home is the first step towards preventing bullying behavior. Try role-playing with solutions to difficult situations and encourage family discussions.

*Most importantly, do all you can to build your child's sense of self-esteem. Support and understanding at home are critical in helping children of all ages cope with bullying. NAPS

Testing Your Knowledge of a Chemical Blessing

Carbon dioxide is not only a part of every breath you take - humans inhale oxygen and exhale CO₂ - it also provides other surprising benefits to each of us. Take this little test to show how much you know about this amazing chemical.

1. Animals inhale oxygen and exhale CO₂. Plants do (a) the same (b) the opposite (c) neither?

2. More CO₂ in the atmosphere will probably mean (a) more (b) less (c) the same amount of plant growth?

3. Extra CO₂ in the air encourages plants to use water (a) more (b) less (c) not at all efficiently?

4. Scientists say 9,000 years ago, agriculture sprung up all over the world. This corresponds with an (a) increase (b) decrease (c) absence of CO₂ in the atmosphere?

5. Some people believe CO₂ contributes to the earth's climate becoming warmer. For the past two decades, both satellite and balloon-borne instruments have found the global temperature change to be up, on average (a) 10 (b) 1 (c) 0?

Answers
1. (b). Explains Sylvan H. Wittwer, professor emeritus, horticulture, Michigan State University, "CO₂ is a very important nutrient, perhaps the most important" for plants and the animals, including people, who eat plants. "Most modern plants evolved when CO₂ was higher in the atmosphere than it is today," adds Dr. Patrick J.

Michaels, professor of environmental sciences at the University of Virginia. 2. (a) "Increasing the CO₂ level to two times what we have today would basically increase plant yield," says Dr. C. Lee Campbell, professor of plant pathology at North Carolina State University.

3. (a) "The amount of water that's used by plants to produce the same amount of growth actually decreases with increased CO₂," says Dr. James Arthur Bunce, of the U.S. Department of Agriculture's Climate Stress Laboratory. "This is important," adds Dr. Wittwer, "because water is going to become probably the most limiting natural resource as far as food production is concerned."

4. (a) Dr. Robert C. Balling, Director of the Office of Climatology of Arizona State University says: "Agriculture sprung up all over the world when CO₂ increased from about 200 parts per million to about 250 parts per million. It may be CO₂ is the reason we domesticated plants."

5. (c) report the experts at the Greening Earth Society. The scientists, business people and others in this organization believe humankind is a part of nature and that industrial evolution is good.

To learn more about the society, how to join and get fascinating books, tapes and reports, visit www.greeningearthsociety.org or you can call 800-529-4503. NAPS